

GREAT HAWAIIAN INTERNATIONAL FITNESS CHALLENGE RULES & SCORING

The co-ed contestants must enter as a three member team based on their age (except Team Category 4 will consist of four members). Younger age contestants may represent an upper age, but an older contestant may never represent a younger age.

- Team Category 1: Age 6 - 8**
- Team Category 2: Age 9 - 11**
- Team Category 3: Age 12 - 14**
- Team Category 4: Ages 15 - 18**

Each team member must perform four tasks (push-ups, sit-ups, air squat and relay races). Each team member will have one minute to do as many repetitions of each exercise (push-ups, sit-ups, and air squats) as possible with one minute rest in between each exercise. Details for the relay races will be explained at a future date.

Push-up



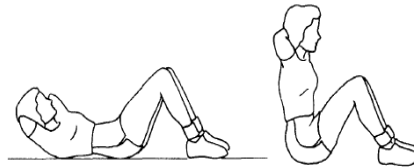
Position: Assume the front-leaning rest position with the hands placed comfortably apart, feet together or up to 12 inches apart, and body forming a generally straight line from the shoulders to ankles.

Action: Keeping the body straight throughout the exercise, lower body until the upper arms are at least parallel to the ground. Then, push yourself up to the initial position by completely straightening the arms.

Faults:

1. Knees hitting the ground during the movement.
2. Triceps not parallel or near parallel to floor at the bottom of movement.
3. Not extending to lockout or near lockout at the top of the movement.
4. Poor posture. (butt too high, sagging butt or head hanging down)

Sit-Up



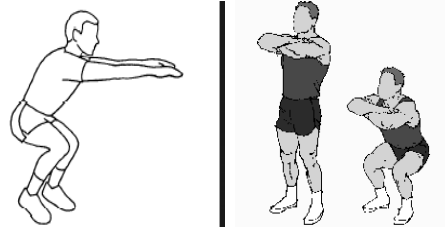
Position: Lie on back with feet together or up to 12 inches apart, knees bent at a 90 degree angle by the upper and lower legs, and fingers interlocked behind the head.

Action: Raise upper body forward to a vertical position so that the base of the neck is above the base of the spine, then lower yourself in a controlled manner until the bottom of the shoulder blades touch the ground.

Faults:

1. Butt coming off the ground during the movement.
2. Failing to keep fingers interlocked and/or hands.
3. Failing to pass vertical (or near vertical) on the up part of the movement.
4. Failing to go down until small of the back / bottom of the shoulder blades touch the floor.

Air squat



Position: Stand with your feet slightly wider than shoulder-width apart. Position your toes so that they are pointed out slightly. You may cross your arms or place your arms in front of you or place your hands on your hips but you must NOT place your hands on your thighs or on the floor.

Action: Begin the descent by bending the knees. Slightly lean forward at the waist as you descend. Descend until your thighs are parallel to the floor, and then begin

Faults:

1. Heels coming off the ground (heels coming off the ground OK at the top of the movement).
2. Hands on the thighs or touching the ground during the movement.
3. Not extending legs to lockout (or near lockout) at the top of the movement.
4. Bad posture / back hunched over.